



COVID-19 VACCINE: After you get the Johnson & Johnson vaccine



Common Vaccine Side Effects

- You may have side effects in the first 2 days after getting the vaccine. Common side effects can include sore or red arm, fever, chills, muscle aches, headache and feeling tired.
- They may affect your ability to do daily activities but should go away in a day or two.
- It is important to get all recommended doses even if you got side effects from a previous dose unless a vaccine provider or your doctor tells you not to.
- Vaccine side effects are normal and show that your body is learning to build up immunity. Not everyone will get them.

Tips to help with side effects

- Apply a clean, cool, wet washcloth to your arm to help reduce pain. It may also help to exercise your arm. If you have a fever, drink plenty of fluids and dress lightly.
- Over-the-counter medicines like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help with pain, fever, headache, or discomfort.

When to call your doctor

Contact your doctor if you have:

- Side effects that last more than 2 days
- Cough, runny nose, sore throat, or new loss of taste or smell (as these are not vaccine side effects)
- Symptoms that get worse or worry you
- Symptoms that start more than 2 days after you get the vaccine



Sign up for v-safe, the CDC health checker

If you have a smartphone, please sign up at vsafe.cdc.gov to tell CDC about any side effects.

Rare, serious side effects

As with any medicine, it is rare but possible to have a serious reaction, such as trouble breathing or wheezing, a rash or hives, or swollen throat or tongue, a fast heartbeat, dizziness, and weakness. It is unlikely that this will happen. If it does, seek immediate medical care by calling 911.

Rare blood clots and low platelets

Blood clots in the brain, abdomen and legs and/or low levels of platelets (blood cells that help stop bleeding) are rare side-effects. Seek medical help right away if you have any of the following:

- Trouble breathing
- Chest pain
- Leg swelling
- Lasting gut pain
- Severe or constant headaches
- Blurred vision
- Easy bruising or tiny blood spots beyond where you got the vaccine

Guillain-Barré Syndrome (GBS)

GBS is a nervous system disorder that causes muscle weakness and sometimes paralysis. In most people, symptoms began within 42 days of getting the vaccine. The chance of this happening is very low. Seek medical help right away if you have any of the following:

- Weak or tingling arms/legs
- Trouble walking
- Trouble moving your face, such as talking, chewing, swallowing
- Double vision or unable to move eyes
- Trouble with bladder control/bowel function

Want to learn more?

For more information, visit the "[Vaccine Side Effects](#)" web page or scan the QR code.



Keep your white vaccine card safe!

It is your official vaccination record. Take a photo or make a copy.

You can get a digital vaccine record at myvaccinerecord.cdph.ca.gov

Your next dose is due on or after:

___ / ___ / ___



For the best protection against COVID-19, you should get all the recommended vaccine doses, including booster(s).

Which vaccine to get and when to get each dose depends on your age, your health status, and the type of vaccine you first received. **For more details, visit ph.lacounty.gov/covidvaccineschedules.**

Where to get your next dose

Visit ph.lacounty.gov/howtogetvaccinated or call the Public Health Call Center at **1-833-540-0473** to find a vaccination location near you. The call center is open daily from 8:00am to 8:30pm.

Information is also available in multiple languages 24/7 by calling 2-1-1. Free transportation and in-home vaccination are also available for those with limited mobility.

Information for people with weakened immune systems

If you have a moderately or severely weakened immune system (such as a blood related cancer or on certain treatments for cancer, organ transplant, or certain autoimmune conditions), vaccination may not be as effective. The CDC [recommends](#) that you get extra doses of vaccine. Talk with your doctor about the best timing of doses based on your risks and treatment plan.

You may also benefit from a medicine called Evusheld to help prevent you from getting COVID-19. Visit ph.lacounty.gov/covidmedicines and ask your doctor about these options.

Medicine to treat COVID-19

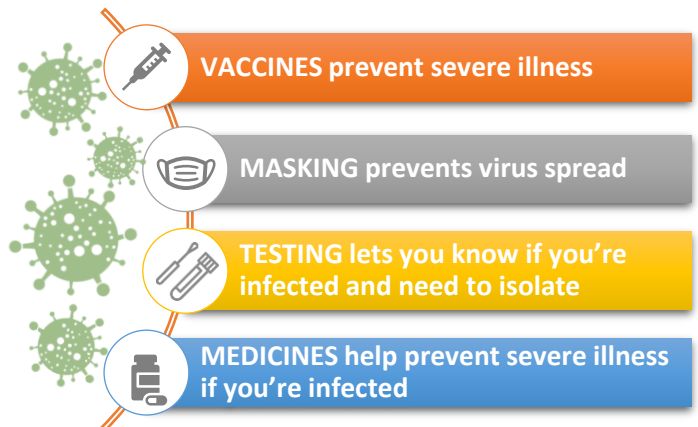
If you get COVID-19 and you are at [higher risk](#) of getting very sick, there are medicines you can take that *treat* COVID-19 to help keep you out of the hospital. Get tested right away if you have symptoms, even if they are mild. If positive and you are at higher risk, ask for treatment right away.

Don't delay! Treatment should start as soon as possible. ph.lacounty.gov/covidmedicines

Mental Health Resources

If you or someone you know is having a hard time coping with COVID-19, help is available 24/7 through the Los Angeles County Department of Mental Health's Help Line. Call 1-800-854-7771 or text "LA" to 741741. More resources and tools can be found at <http://dmh.lacounty.gov/resources>.

Take steps to protect against COVID-19 and prevent spread



How did we do today?

Scan this QR code and fill out the online survey to leave feedback about your experience. Your input will provide valuable feedback as we continue to bring COVID-19 vaccines to the public.



<https://arcg.is/1fLa1f>